

## February 2005 NEWSLETTER DIRECTORY (S1)

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<b>HHD Det Sergeant</b>	1SG Tiefenbruun	
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<b>OPFOR</b>	SFC Claspell	

SECTION NUMBER		
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<b>Eng Team 2</b>		
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<b>Med Teams</b>	MAJ Murdock	
<b>QM/AG</b>	MAJ Neubauer	(314) 260-8707

## MISSION STATEMENT (S3)

3<sup>rd</sup> TS (CS/CSS) Bn, 383<sup>rd</sup> Regt, 3<sup>rd</sup> Bde, 75<sup>th</sup> Division (Training Support) provides training support to designated CS/CSS Army Reserve and Army National Guard units in Iowa, Kansas, Missouri and Nebraska to attain and sustain individual and collective premobilization readiness. On order, mobilize the Battalion to support the Brigade Mobilization Assistance Team (MAT).

## COMMANDER'S COMMENTS

Welcome back to all formerly mobilized personnel who completed their tours of duty as of the end of last month. Thanks for a job well done—it's good to have you home! I look forward to seeing each of you on a regular basis. I have moved the Welcome Ceremony that we planned for February to March instead. Conflicts with training and the additional planning time needed to produce a professional ceremony dictated that move.

If you have new offices in Building 44, be sure to thank SFC Glessner for installing your telephone, LAN, and electricity. None of those offices would be functional without him. The new offices in Building 44 are fully functional, and more improvements are on the way. The contractor has taken measurements and is preparing proposed drawings to complete the work already started. Improvements to the 3d floor offices of Building 26 are in the pipeline, and we are aggressively pushing work orders for more renovations. Help is on the way!

I want to again extend the invitation to all to participate in the Visit a Vet Program that MAJ (P) Hofmann has initiated for the unit. We go once a month for an hour and a half or so to shake hands and talk to veterans at the Jefferson Barracks VA Hospital right in our back yard. It warms the hearts of these heroes to see men and women in uniform. It's a great program and will be personally rewarding for both you and veterans.

Our new battalion coin is in the production pipeline. I have no projected date on when we will have them in hand. The design we selected is posted on the bulletin board in Building 44. Soldiers with whom I have spoken with have given very positive feedback on the coin's design.

The next round of mobilizations is right around the corner. The new Task Force Commander is spending time at Fort Riley preparing for your arrival. You need to be preparing too. Based on our most recent SRP, all personnel should be up-to-date. Take care of your personal affairs so that the transition will be as seamless as possible. If you have any questions, now is the time to raise them.

Be accountable. Be professional. Do your very best. Be a soldier. I expect nothing less.

**LTC Rideaux**

## **EXECUTIVE OFFICER'S COMMENTS**

Greetings to all from the XO's desk! One of the topics discussed from the Command Team at last drill was that of additional duties. Additional duty appointments are complete, signed by the Battalion Commander. The HHD Commander issued guidance that, at a minimum, a binder associated with your assigned additional duty must be turned in to SFC McConnell by the end of February's MUTA. Updated Officer and NCO rating schemes have also been completed and approved by the Battalion Commander. See the HHD Commander or 1SG for details on these important documents. Likewise, we continue to make progress with late awards. I've personally contacted supervisors responsible for these submissions. They are due by the end of the upcoming MUTA. My goal is to complete all late submissions this month.

I will continue to remind all leaders that the departure of a soldier triggers various administrative actions (OER/NCOER, award, etc) that have strict time requirements. Failure by leaders to submit these administrative documents in a timely fashion does a disservice to deserving soldiers. Deserving soldiers should depart with their evaluation and award—that is the standard.

Finally, the Visit a Vet Program at the Jefferson Barracks VA Facility continues to be a great success. On Monday, February 14 the VA Facility has a special event honoring veterans. The event starts at 1100 hours and our Battalion Commander will be the guest speaker. I invite you all to attend this great event. Details will follow at the next drill. Normally, Battalion personnel participating in the program meet at 1000 hours at building 50 of the VA facility the second Thursday of each month to visit veterans. Each visit lasts about 2 hours. We welcome all soldiers to join us! Enrollment is simple. I have the necessary paperwork, which takes about 15 minutes to complete. A mandatory safety class must be completed at the VA facility. This usually takes about 2 hours and can be coordinated through me. Once these requirements are complete, you've become an official member of the program. Please see me if you are interested in joining this personally rewarding event!

**MAJ (P) Hofmann**

## **COMMAND SERGEANT MAJOR'S COMMENTS**

I would like to welcome back our returning heroes! Take some well-deserved time off to get reacquainted with your family members. You have performed a great service to our country. I also recommend each of you to contact your former employer and bring them up to date on your desire to return to your former employer. If a soldier wants to avoid employer conflict, choose your actions carefully.

1SG Tiefenbrunn will be assuming the First Sergeant duties. The APFT will be soon be upon us—be prepared and get in shape. Also, in the upcoming weeks we will be losing SFC Brumfield and MSG Lopez. I personally wish them well. Stop by to thank them for a job well done. NCOES schools are a never ending issue. It is imperative that senior NCOs mentor junior soldiers on their career needs. Identify schools needed to enhance soldier skills as well as career progression and see the Schools NCOIC for details to enroll. As time permits, I will have a senior NCO meeting to discuss NCODP. My goal is to get a workable and consistent NCODP program. Also, promotion packets must be put together by the soldier wanting to be promoted. Soldiers in the grade E/5 and above are required to have a DA photo. Plan accordingly to give yourself the best chance for being promoted.

I want to remind all soldiers of a variety of items that can easily impact all of us. First, be fully aware of credit card debt. High interest rates can impact your credit and create financial problems. A good rule-of-thumb is “if you can't pay for it, you probably don't need it”. Second, take a long-term approach to finances and save now. There are many financial investment opportunities available. I encourage everyone to utilize these resources to properly plan for future retirement. Third, as the weather remains cold ensure you use the appropriate safety measures associated with electric and kerosene heaters. Likewise, always take proper care for your issued equipment. Finally, take care of yourself—moderation in everything is never a bad thing!

**CSM Page**

## **HHD COMMANDER'S TIME**

As we move into February drill let me first thank MSG Carretero for filling in as the acting HHD 1SG during January drill. Your hard work was much appreciated. Next, let me welcome 1SG Tiefenbrunn as he officially moves into the 1SG position in a drilling status. Finally, thanks to the full time staff for coordinating the OPD/NCOPD tour of JB. It provided a great historical backdrop for our home. Share this history with fellow soldiers as they join the unit and return from mobilization. We are a part of an installation with a rich history in which we should take pride.

Continue, as time permits this drill, to get settled into your new areas. Also take time to thank the full-time staff, especially SFC Glessner, for the hard work they have put in to make this happen. Finally, welcome back to the mobilized soldiers that recently completed their home station activities as a part of their REFRAD. We look forward to utilizing the expertise you have developed while at FRK.

**CPT Buck**

## **1SG'S CORNER**

Not Available at time of printing.

## **MP TEAM**

Not Available at time of printing.

## **QM TEAM**

I was thoroughly impressed with the new office space that the BN has to work out of during last drill weekend's unveiling. It may be the best area within the St. Louis reserve system. I was also very thankful for the Jefferson Barracks tour, as I am sure everyone else was. In the seven years I have been here I never knew any of the things we saw were there. I am looking forward to seeing all the returning soldiers coming from Ft. Riley at the next drill or as soon as possible thereafter. Good Job! Be safe--you have worked far too hard and long to have an accident on the way home.

**CPT Tiedt**

## **ENG TEAM**

Not Available at time of printing.

## **MED TEAM**

Elements of the Medical Team continue the mission at Ft. Riley. During the current PauseEX, we are busy with plans for the revised training model to be implemented in March. The team is cross-training base defense tasks so we can provide more comprehensive training to client units. SGT Parks is using this time to convert to a 91W. SFC Williams has just returned from a successful OPFOR mission to Houston. We bid farewell to MSG Steinmetz, who has left Ft. Riley and returned to Jefferson Barracks. CPT Wilborn has been mobilized and will be in the S-3 section in St. Louis.

**1LT Horton**

## TF DEPENDABLE

All is quiet on the Western Front. The Task Force, in January, is working on two main tasks. First, demobilizing several soldiers most of whom have honorably served their two years. The second main task is preparing for the next rotation of mobilizing units. The Program of Instruction the Task Force is developing will extend the number of training days for the client units, include a Field Training Exercise, and a new set of challenges for our soldiers. This is a time for the soldiers here to catch their breath and attend schooling. As always the stories of home and missing family are our favorite topic of discussion, the loved ones at home are sorely missed, and the hard work of the spouses dealing with the stress and extra workload is greatly appreciated. The success of the motivated soldiers here is due to the loving support we receive from the home front.

### Demobilizing soldiers:

LTC Farmer	LTC Ryberg	MAJ Aper	MAJ Fields
1SG Tiefenbrunn	MSG Stinemetz	MSG Merritte	SFC McWherter
SFC McKernan	SFC Claspell	SSG Stephens	SSG Thornhill
SSG Smith	SPC Oberg	SSG Ross	SSG Davis
MSG Robinson	SSG Dodson		

### MAJ Fields

## APFT/WEIGH-IN REQUIREMENTS (S3)

All soldiers will be taking or administering the APFT this drill, see attached training schedule for date/time.

## DETAILS (HHD CDR)

### DUTY ROSTER

February ALL

Teams will have detail on the date indicated. Detail will include Head Count, administering PT, conducting the Cyclic and Sensitive Items Inventories, and clean up of the Battalion area.

## UPCOMING EVENTS (S3)

See the attached Training Schedule

## CLEARANCE REMINDERS (S2)

Not tracking any individuals that need to submit an SF 86 for security clearance at this time.

## TY05 DRILL SCHEDULE

FEB 12-13	MAR 12-13
APR 16-17	MAY 21-22

## SCHOOLS

SFC McDonald, EMT-B Refresher, Ft. Campbell, KY, 7 Feb 05 – 11 Feb 05

CPT Segura Facility Manager Course, Ft. McCoy 25 Apr 05 – 5 May 05

MAJ Hofmann RC Mob Planner Course, Ft. McCoy, WI 8 May 05 – 19 May 05

MAJ Porter has a reservation for ILE (formerly known as CGSC), Ft. Leavenworth, KS 18 Jun 05 – 1 Jul 05

MAJ Porter, CPT Wilborn, MSG Carretero, and SSG Mourton, UPL Training, St. Louis, MO, 26-27 Feb 05

Schools (con't)

SGT Clemons, 92Y Phase 1, Ft. Lee, VA 23 Feb 05 – 26 Feb 05

SSG Mourton-EMT-B Refresher Course, Ft. Leonard Wood, MO 8 Feb 05 – 11 Feb 05

SFC Claspell, ANCOC Phase 2, Starke, FL, 29 Jan 05 – 12 Feb 05

SSG Dodson, ANCOC Phase 2 (currently a wait for the class), Ft. Leonard Wood, MO, 17 Jun 05 – 1 Jul 05

SSG Sheridan, BNCOC Phase 1, Pineville, LA, 29 Jan 05 – 10 Feb 05

Requested Schools:

MAJ Porter: 90A Course, Multi Functional Logistician Course

SFC Kratz, Reclass to 92Y

SSG Clow, BNCOC, Phase 2, 91A

SFC Hicks, ANCOC, Phase 2, 63B

SSG Mourton-ANCOC, Phase 2

SSG Dodson-21H MOS training, Phase 2

SFC Claspell-Airborne School

If you are needing or wanting to attend a school you need to contact Ms. Sarah Carbrey, (314) 269-1114.

## **SOLDIERS TO BE RECOGNIZED (S1)**

The following soldiers will be recognized DURING DRILL. Please take this opportunity to invite your family and/or friends to this event to share in this noteworthy event. Any awards/promotions will be presented at the 0630 formation, Saturday.

**AWARDS/PROMOTIONS:** Awards: SSG Ross, SGT Clemons Promotions: None

**Hail and Farewell:** We want to extend a warm welcome to all incoming personnel and wish our very best to those transferring or retiring in the near future.

**Hail:** all the returning soldiers from the Task Force

**Farewell:** LTC Farmer, MSG Merritte, LTC Ryberg, MSG Lopez

**ADDITIONAL DUTY ORDERS:** The spreadsheet will be sent by email to everyone as of 28 January 2005. Copies of the Additional Duty Order will be placed in distribution boxes to add to your books for drill weekend. Please research your additional duties by referring to the references provided or by searching the web. If you have any questions please feel free to contact SFC McConnell.

## **Birthmonth Records Audit**

The following soldiers will have a Birth Month Records Audit, time TBD.

1SG Tiefenbrunn

## **NCOER INFORMATION**

The following soldiers have evaluations due:

<b>RANK</b>	<b>NAME</b>	<b>DATE OF LAST EVALUATION</b>
<b>SGT</b>	<b>DALTON, PATRICK</b>	<b>Annual 0401</b>
<b>SFC</b>	<b>MCCONNELL, TAMMY</b>	<b>Annual 0402</b>
<b>SFC</b>	<b>BRUMFIELD, BILLY</b>	<b>COR 0402</b>
<b>SFC</b>	<b>GOODS, MICHELLE</b>	<b>Annual 0403</b>

(CSM PAGE REVIEWS ALL NCOERS AND COUNSELING)

**PER S-1 SECTION**

SFC Harris

<<http://usassi.army.mil/ncoa>>

Have NCOs search the Hot New Information Category for this information.

## PAY INFORMATION

Any pay problems need to be addressed on a USARC 27-R to SSG Carbrey.

## PROMOTION BOARDS

The next Junior Promotion Board will be April 2005. A FY05 Listing for future boards will be posting on the Battalion Bulletin Board.

Senior Promotion Board-

90<sup>th</sup> RRC Senior Board convened in late January 2005, 1 packet was submitted 27 December 2004. Results have not been posted as of 1 February 2005.

89<sup>th</sup> RRC Senior Board Packets will convene in February- no packets were submitted from St. Louis.

## SUPPLY (S4)

Business as usual!

## ADDITIONAL INFORMATION

### Returning to Work Following Military Duty

Returning to the work force after deployment requires some readjustment, even if you were away from your civilian job for only a few months. You may be returning to the same job or a new position, or to a job that has changed in your absence. Getting used to the change of pace, and adjusting to both new and familiar faces and activities can take time. Here are some ways to help make the transition smoother.

#### What to expect

When you return to work you may face some of these adjustments:

- You may feel “out of place” for a time. You may feel really happy to be home and back at work. At the same time, you may feel some resentment that co-workers have done fine without you. These feelings are a normal part of the adjustment process.
- You may find civilian life less exciting than the military experience. Civilian life and work responsibilities may seem uninteresting compared to active-duty responsibilities. This may be especially true if you were deployed in active combat situations.
- You may feel extra tired, less motivated than usual, or occasionally discouraged. There may be no single reason for these feelings. You may not be able to jump back into work with your usual focus or enthusiasm right away. These feelings are a normal part of the adjustment process.
- You may need to take it slow. Anticipation that has built up since you knew you were coming home may cause you to want to do everything at once. Keep in mind that your body is adjusting to a time-zone change and to many new things that happened while you were away. That can make this time harder than you expected.
- People and circumstances may have changed. You are coming from a place where everyone understood your mission, job, and special talents. Once you’ve returned home, most people around you won’t really understand your experience in the military and war. Change is normal and expected, but it can make you feel out of sync for a time.

It’s important to keep in mind that re-integration to civilian life is more of a process than a single event. It usually takes several months for returning service personnel to feel fully back into the swing of things. The adjustment often takes place gradually, sometimes in almost unnoticeable ways. If you give yourself enough time, you’ll adjust according to your own timetable.

#### Talking with co-workers and your manager

Here are some ways to make the adjustment back to work go more smoothly:

- Find out about workplace changes that took place in your absence. Schedule time with your supervisor to talk about any changes that took place at work while you were away. Ask for information. You may want to ask for background or context information about certain decisions or changes. Discuss how these changes will affect you and the work you do. Talk with co-workers, too, about the changes that took place while you were gone.

- Do your homework to find out how the business or organization has changed in your absence. Perhaps there are memos or correspondence you could read. With permission, look at reports or evaluations of work in your area. This will help make conversations with your supervisor more productive.
- Thank people who may have covered for you in your absence. You might say, “Thanks for the work you did covering for me while I was deployed. It feels good to be back.”
- Talk about your deployment experiences, but in moderation. It’s fine to talk about your recent military experiences. Most people will be interested in hearing about them. But don’t overdo it. Keep in mind that some people may not want to know all about your experiences. And ask that people respect your feelings if they want more information than you would prefer to give.
- Be sure to show interest in how your co-workers are doing and what news you missed about them in your absence.
- Think about how your military experiences could be used to make a contribution to your job now. Chances are, you have experience with new tools, work methods, and management techniques that could help your organization succeed. Look for opportunities to share what you’ve learned with your supervisor. It could make a real difference.

### **Making the transition**

Here are some tips to help you ease back into work the first days and weeks:

- Don’t overschedule yourself, especially your first days back.
- Realize that your return to the workplace may be an adjustment for your co-workers as well as for you. A co-worker who filled in for you while you were away may now be facing a job change.
- Meet new people who joined the organization in your absence.

### **Finding support**

Here are suggestions on finding support as you make the adjustment back to work:

- Seek support if you are having problems coping or if you could use help during the readjustment period. Seek support from friends, family, and your supervisor or employer.
- Use the military resources that are available to you. The military offers many sources of support for service members both before and after a deployment. One helpful Web site is the Army site [www.hooah4health.com](http://www.hooah4health.com) (click on “Deployment” and then on “Family Matters”).
- If needed, ask for accommodations at work during the adjustment period. This may require some negotiating with your supervisor. If part-time rather than full-time work would help, for example, talk with your supervisor about this possibility. A timetable and milestones could be set to help you both know when a change to full-time is right.
- Ask your supervisor for the support you need to learn new tasks.
- If you need help resolving a problem with a co-worker or your supervisor, consider talking with a professional.
- Keep in mind that the adjustment period can take six weeks or so. The time varies from person to person. But if you aren’t feeling back to yourself several weeks after your return, you may want to talk with a professional. Your employee assistance program (EAP) or employee resource program can help you find support and resources.

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## **Hidden Valley-Discount for Military Personnel**

All active duty personnel receive complimentary lift tickets and reserve members receive a 50% discount. If you wish to come as a group, please let us know and we will have the lift tickets ready for you. For additional information on lessons for which there is no discount, please see our website at [hiddenvalleyski.com](http://hiddenvalleyski.com).

## **Expansion of Suspension of Removal Due to Maximum Years of Service**

In a memorandum dated 10 Dec. 2004 LTG Helmly expanded the suspension of removal due to certain USAR soldiers reaching their maximum years of service (MYOS). Effective 10 Dec. Troop Program Unit (TPU) soldiers with a rank of MSG are included in the suspension of removal due to MYOS. This action adds to the previous suspension of removal due to MYOS for USAR TPU soldiers in the ranks of SFC and below.

## 3d Battalion celebrates the official opening of South half of Building 44



*Pictured from left to right: CPT Jason Buck, CSM Danny Page, MSG Joseph Carretero, MAJ (P) Tony Hofmann, and LTC Gerard Rideaux*

The battalion held a "Grand Opening" ceremony at the conclusion of the Drill last month. The command team joined the Battalion Commander for a ceremonial ribbon cutting at the entrance to the south half of the building. With the cutting of the ribbon, the south half became officially open for business. This event marks a big step forward for the battalion toward upgrading its facilities.

The contractor completed installation of the long-awaited walls and office furniture for the south half along with the walls for the north half. Prior to the ceremony, members of the S1, OPFOR Team and Medical Team moved their equipment, documents, and other necessary items into their respective offices to make them functional. This move allows the OPFOR and Med Teams to vacate their office space in the windowless and leaking basement of Building 26. The Med Team move consolidates AC and RC personnel into the same office. The move also permits consolidation of all S1 personnel into a single, secure location. The S1 can now handle soldier needs via the service window. Each of the three offices offers ample room for personnel to conduct business.

The ribbon cutting ceremony took place in conjunction with the final formation and included the pomp and circumstance of ceremonial, military music. Of course, it also included a cake!

## RC Officers Get New Promotion Policy

WASHINGTON - Under a new policy taking effect in January, Army Reserve officers will no longer compete for promotion against National Guard officers. Full-time Army Reserve officers will also compete for promotion only with other full-timers. The assistant Secretary of the Army (Manpower and Reserve Affairs) recently approved a change in promotion policy that creates three new competitive categories for officers previously considered under the single Army Promotion List, or APL competitive category:

- A National Guard category
- An Army Reserve category for Active-Guard-Reserve officers, known as AGRs
- A category for all other Army Reserve officers

The change will enable RC mandatory promotion boards to select officers based upon "the unique force structure requirements" of the Army Reserve and Army National Guard, said Col. Mark Patterson, Officer Division chief in the Directorate of Military Personnel Management, G1. He further said this change will lead to greater efficiency in meeting manning requirements, resulting in greater predictability and equity among all considered officers.

For the full story see: [http://www4.army.mil/ocpa/read.php?story\\_id\\_key=6682](http://www4.army.mil/ocpa/read.php?story_id_key=6682)

## Tricare Benefits Improved Significantly For Reservists

For more information visit <http://www.defenselink.mil/releases/2004/nr20041029-1454.html>



**COMMANDER**  
**3<sup>rd</sup> Bn (TS) (CS, CSS) 383<sup>rd</sup> Regt, 3<sup>rd</sup> Bde, 75<sup>th</sup> Div (TS)**  
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